Module 2 TED Talk/Video Assignment

Section 1: Character Strengths

Performance Character Strengths

Resilient

Defined in My Words: Resilience is the ability to recover quickly from difficulties and persist through challenges.

Importance to Me: Resilience helps me stay motivated and focused despite setbacks.

Example in Sports: An athlete who continues to train and improve after losing a major competition demonstrates resilience.

Disciplined

Defined in My Words: Discipline is the practice of maintaining self-control and adhering to rules or a regimen.

Importance to Me: Discipline ensures consistent effort towards achieving my goals.

Example in Sports: An athlete who follows a strict training schedule and diet to reach peak performance exemplifies discipline.

Committed

Defined in My Words: Commitment is the dedication to a cause or activity, consistently putting in the effort needed to achieve success.

Importance to Me: Commitment is essential because it drives perseverance and consistent effort.

Example in Sports: A player who never misses a practice and always gives their best effort shows commitment.

Hardworking

Defined in My Words: Being hardworking means putting in the necessary effort and energy to achieve goals, regardless of obstacles.

Importance to Me: Hard work is crucial as it leads to improvement and success.

Example in Sports: An athlete who stays late after practice to work on their skills exemplifies being hardworking.

Relational Character Strengths

Honest

Defined in My Words: Honesty means being truthful and transparent in all actions and communications.

Importance to Me: Honesty builds trust and integrity in relationships.

Example in Sports: A player admitting to a foul in a game even when the referee did not see it shows honesty.

Respectful

Defined in My Words: Respect involves valuing others and treating them with consideration and dignity.

Importance to Me: Respect fosters a positive environment and mutual understanding.

Example in Sports: A coach who listens to and considers players' feedback during training shows respect.

Trustworthy

Defined in My Words: Trustworthiness means being reliable and dependable, ensuring others can rely on you.

Importance to Me: Trustworthiness is vital as it forms the foundation of strong relationships.

Example in Sports: A team captain who consistently supports and stands by their teammates exemplifies trustworthiness.

Caring

Defined in My Words: Caring involves showing concern and compassion for others.

Importance to Me: Caring builds strong, supportive relationships by demonstrating empathy and kindness.

Example in Sports: A teammate comforting another after a poor performance exemplifies caring.

Section 2: Consistently Including Character Strengths

To consistently include character strengths in my interactions, I focus on embodying and promoting these values daily. For example, I practice resilience by maintaining a positive attitude in challenging situations, showing my team the importance of bouncing back from setbacks. I demonstrate discipline by adhering to my commitments and encouraging the same in my athletes, setting an example of consistent effort and focus. Honesty is integral to my coaching philosophy, as I always communicate transparently with my team, fostering a culture of trust. By showing respect, I listen actively and value each individual's contributions, ensuring everyone feels valued. Teamwork is emphasized by encouraging collaborative efforts and recognizing the achievements of the group over individual success. Lastly, I practice empathy by being attentive to the emotional needs of my team, offering support, and fostering an environment where everyone feels understood and supported. This holistic approach not only builds strong, character-driven individuals but also a cohesive, motivated team.

References:

Webinar Replay: Transforming Character Strengths into Productive Results

PE 308 Theory and Psychology of Coaching - Chapters 4-8

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